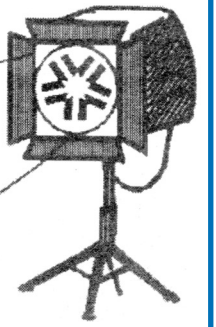




DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XIX, ISSUE 8

A newsletter for D.C. Seniors

August 2004

## EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

There is only one more month of summer to enjoy warm and relaxing weather outdoors. Although we have had a seasonably mild summer, we still need to take a few precautions. Always remember to use your sunblock

and limit activities during extreme heat and humidity. Enjoy your golden years by taking precautions and keeping as active as possible.

This issue of the "Spotlight on Aging" features photos and an article on our ladies of elegance. These ladies are staying active in their communities with both the young and old. Congratulations to Barbara Newman who should be an inspiration to us all at 73 years young. Throughout the year Ms. Newman and the D.C. Senior America Cameo Club will be recruiting for future ladies of elegance to join their special club. If you are at least 60 years of age, a resident of the District of Columbia and committed to community service, then participate in next year's pageant.

For those who are caregivers for the young, I hope you are taking advantage of the getaway we have planned at Camp Riverview in Scotland, Maryland August 2 to 6. Respite, activities and learning experiences for seniors caring for children 8 to 18 is available at United Generations Camp sponsored by the Office on Aging and D.C. Parks and Recreation.

Don't wait to get help with your property taxes. Filing for the Homestead Deduction or Senior Citizen Tax Relief can provide extra tax savings for senior citizens in the District. Legal Counsel for the Elderly, funded by the Office on Aging, can also help you with your tax woes. Call 202-434-2120 for more information.

Hope to see you at our upcoming **ELDERFEST**, September 2 at Freedom Plaza. The senior outdoor festival features, information exhibits, free health screenings, a health and safety pavilion, live music and entertainment. This year's star billing includes the Jewels, a renowned female trio. You can also purchase handmade arts and crafts, homemade baked goods and a soulful lunch. Come to learn, grow and have a great time, aging well and living well!

## Join **BODYWISE's** 'Walk 'Round the World'



The 5th Annual "Walk 'Round the World" of the **BODYWISE Senior Fitness Program** will be held on Saturday, September 18, starting from the Dennard Plaza on UDC's Van Ness Campus at 10 a.m. Walkers should arrive by 9:30 a.m. Parking is free in the UDC garage at the Van Ness Street entrance.

Walkers will be escorted by docents over the route — under a mile — of the 17 Embassies/Chanceries of the State Department International Center adjacent to UDC's Van Ness Campus.

**BODYWISE** also welcomes walkers who elect to "hang out" on Dennard Plaza to welcome walkers, while enjoying upbeat music

and light refreshments. Registration is \$15 and payable to **BODYWISE INC.**

This year's Walk will salute Stanley and Hortense Gainer, pioneers of the **BODYWISE Water Aerobic Program** at Thurgood Marshall School in Northeast and the Therapeutic Center in Southeast. Co-sponsors joining in the 5th Annual Walk include the D.C. Office on Aging, IONA Senior Services, D.C. Department of Health, D.C. Parks and Recreation, University of the District of Columbia, AARP-District of Columbia and others in the Office on Aging Senior Service Network.

For more information, call 202-274-6697.

## Vote in the September 14 Primary Election

*On the ballot:*

- Delegate to the U.S. House of Representatives
- National Committeemen and National Committeewomen
- Local Committees of Political Parties
- At-Large Member of the Council of the District of Columbia
- Ward 2 Member of the Council of the District of Columbia
- Ward 4 Member of the Council of the District of Columbia
- Ward 7 Member of the Council of the District of Columbia
- Ward 8 Member of the Council of the District of Columbia
- United States Representative

For information on special election services and absentee ballot voting, call 202-727-2525.

***Always exercise your right to vote!***



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR



## D.C. OFFICE ON AGING NEWSLETTER

# Elegant Ladies Compete for Title

**B**arbara Newman, one of five contestants in the Ms. Senior D.C. Pageant 2004, walked away with the title of Ms. Senior D.C. and was awarded Best Talent for singing "Summertime" during the pageant on June 27.

The 73-year-old District resident also won the Best Interview Award and tied for Ms. Congeniality with Marvee Campbell. Ms. Newman, the mother of six, grandmother of eight and great grandmother of eight, has worked in the government and as an administrative assistant at a local church. She has also performed with a theater company in New York.

First runner up in the contest was Marvee Campbell, who entertained the audience with her comedy skit featuring a tired older cleaning woman who gets a "new attitude." The creative Ms. Campbell enjoys modeling, seeing others laugh, and operates a vintage clothing company. She also teaches jewelry-making at area senior centers. She boasts

that she can make jewelry out of anything.

Florence Hunter, second runner up, sang "Over the Rainbow" during her talent presentation. Third Runner up Edmonia Lovett, who sews, modeled her clothing during the contest. Fourth Runner up Julia Smith shared her photography and artwork with the audience.

During the pageant, the contestants performed a Broadway medley dance routine with the Columbia Senior Steppers. The medley featured tappers Doris Thomas and Daisy Savage. Rivers McCreary, Jr. and Isiah Marshall, Jr. also performed during the pageant. Former queens Jaquetta Patrick, Myrtle Smith Gardiner Church and Thelma Morgan also sang during the contest.

Barbara Newman will represent the District at the Ms. Senior America Pageant in November. She will compete against women from across the nation who are judged on a personal interview, their philosophy of life, talent and evening gown presentation.



Julia Smith



Edmonia Lovett



Florence Hunter



Marvee Campbell



The other winners pose with Ms. Senior D.C.

**Above:** Ms. Senior D.C. 2004 Barbara Newman will represent the District in the Ms. Senior America Pageant in November.

**Right:** Barbara Newman won the Best Talent award singing "Summertime" during the talent presentation.



## D.C. OFFICE ON AGING NEWSLETTER

# Caregiving: The Other View

By Thomye Cave

As a caregiver or care provider in a professional setting, at the end of the day, the care receiver goes home to continue receiving care. While our concerns as professionals do not stop when the one for whom we are caring leaves to go home, we are able to turn our thoughts to other matters.

When a professional care provider is faced with personally caring for a loved one at home, the other view of the demands of providing care on a full-time, 24-hours-a-day, seven-days-a-week basis lends itself to an even greater empathy and understanding of the unrelenting demands and the yeomen job caregivers perform.

As a professional and personal caregiver confronted with a life limiting disease of a loved one, I have found that creativity and support are key to maintaining sanity and reasonable good health.

## Here are a few hints that have been helpful:

- If your loved one's appetite is poor, ask your physician for an appetite enhancer.
- If regular food is difficult to digest, prepare it with the usual seasonings and puree it. (*You will be surprised at the positive response.*) Puree and label several foods at one time to give you free time later.
- Pureed dishes such as honey dew melon, sweet and tangy beets, pears and peaches are quite pleasing to the palate.
- Take up throw rugs to ensure safe mobility.
- Organize and equip your bathroom with supplies for personal hygiene and cleaning so that everything is at your fingertips. (*This is a great time saver.*)
- Keep bleach close by. It disinfects and cuts odors immediately.
- When friends and family offer help, say "yes, thank you."

- Let family and friends know how they can help.
- Make time for yourself. (*I am working on this one.*)
- Find a way to have meaningful, positive interaction with your loved one.
- Take time out to meditate, pray and give thanks; it could always be worse.

On a personal note, I am so grateful for the outpouring of prayers and support from family, friends, a tremendous staff, board of directors, participants and church family.

With their support, the other view is easier to handle.

*Thomye Cave is the executive director of Downtown Cluster's Geriatric Day Care.*

## Tax Credits May Provide Extra Tax Savings for D.C. Residents

Mr. Smith is a 75-year-old D.C. resident whose only source of income is a \$1,000/month check from Social Security. It's barely enough to cover his basic needs and rising medical costs.

Mr. Smith could really have used the tax benefits he became eligible for when he purchased his home several years ago. Unfortunately, he did not know about them. As a result, he has been needlessly paying more property tax than necessary.

Perhaps you are in a situation similar to Mr. Smith's. If so, you may be eligible for several tax credits that could save you hundreds of dollars each year.

But these credits are not automatically awarded to you even if you qualify. You must request them. Three primary property tax deductions for which you may be eligible are the Homestead Deduction, the Senior Citizen Tax Relief, and the Lower Income Long-Term Homeowner Tax Credit.

### Homestead Deduction

The Homestead Deduction enables qualified residents to receive a \$38,000 reduction in the assessment of their property. This means that for tax purposes only, your property will be valued at \$38,000 less than its assessment value, thereby reducing the amount you will have to pay for your property taxes.

In order to qualify:

- You must be an owner of the property,
- the property must be residential (*have less than five dwelling units*), and
- you must occupy the property as your principal place of residence.

There is an exception to the occupancy requirement. You may still receive the deduction if you are unable to inhabit the property due to a major flood, fire or other calamity.

### Senior Citizen Tax Relief

The Senior Citizen Tax Relief allows eligible seniors to receive a 50 percent reduction in their property taxes. In order to receive the Senior Citizen Tax Relief:

- You must be 65 years old or older,
- you must own 50 percent or more of the property,
- your annual household income must not be

more than \$100,000, and

- you must be eligible to receive the Homestead Deduction.

### Lower Income Long-Term Homeowner Credit

The Lower Income Long-Term Homeowner Credit allows eligible homeowners to receive a five-year tax exemption on their recording and transfer taxes. In order to qualify for the tax credit:

- Your total household income for 2003 cannot be more than the Household Income Limit Table listed on the 2003 Schedule L form,
- your property must have been your principal place of residence for the last seven consecutive years,
- your property must be assessed at under \$250,000,
- your 2003 real property taxes must be at least 5 percent higher than your 2002 real property taxes,
- you must be receiving the Homestead Deduction, and
- you must file an application for this tax credit by December 31, 2004.

It is important to note that all of these credits require that you own or intend to purchase the property. Some D.C. residents do not qualify for these deductions even if they occupy the property because they do not hold title to the property. This is often true of residents who obtain possession of the property after the death of a parent or other relative.

In order for you to obtain legal title to the land, you must probate the estate by filing a petition to probate at the D.C. Superior Court.

If you think you qualify for any of these deductions, you should contact the D.C. Office of Tax and Revenue as soon as possible at 202-727-4TAX to obtain and file the appropriate forms.

If you are 60 or older and need assistance, or have questions or concerns about these tax credits, call AARP Legal Counsel for the Elderly at 202-434-2120. AARP's Legal Counsel for the Elderly is a part of the Senior Service Network, supported by the D.C. Office on Aging.

## Tips to Protect Yourself from West Nile Virus

### Eliminate Breeding Sites Around the Home

1. Dispose of cans, bottles and plastic containers. Store items to be recycled in covered trash cans or sealed bags.
2. Eliminate discarded tires. Drill drainage holes in tires used for playground equipment.
3. Clean roof gutters and down-spout screens regularly. Eliminate standing water on flat roofs.
4. Turn over plastic wading pools, wheelbarrows and canoes.
5. Do not leave garbage can lids upside down. Do not allow water to collect in the bottom of garbage cans.
6. Flush birdbaths and the bottom of potted plant holder trays twice a week.
7. Adjust tarps over grills, firewood piles, boats and swimming pools.
8. Re-grade drainage areas and clean out debris in ditches to eliminate standing water in low spots.
9. Clean and chlorinate swimming pools. Aerate garden ponds and add "mosquito dunks" found at hardware and garden stores.
10. Fix dripping water faucets outside and eliminate puddles from air-conditioners.
11. Store pet food and water bowls indoors when not in use.

### Use Insect Repellents Safely

Carefully follow insect repellent label directions and precautions.

1. Use products containing DEET. Some people also have success with aromatic oils specifically designed as mosquito repellents.
2. Don't apply to eyes or mouth; apply sparingly around ears. Do not spray directly on face; spray on hands, then apply to face.
3. Do not apply to children's hands. Apply to your own hands, then put it on the child.
4. Apply only to exposed skin and/or clothing. Do not use under clothing.
5. Never use on cuts, wounds or sunburn.
6. Use just enough to cover exposed skin. Apply more if needed.

### Protect Yourself

1. Wear light-colored long-sleeve shirts and long pants.
2. Stay indoors at dawn, dusk and early evening.
3. Use fine mesh screens on windows and doors.

### Protect Your Pets

1. Keep animals in the house at dawn and dusk. Apply repellent.
2. Avoid woods, wetlands and marshy areas.

## D.C. OFFICE ON AGING NEWSLETTER

# Community Calendar

## August events

### 6th • 5:30 to 8:30 p.m.

Karaoke night is back. Display your talent at the Columbia Senior Center, 1250 Taylor Street, N.W. Light refreshments will be served. Call Monica Carroll to reserve your seat at (202) 328-3270, ext. 11.

### 7th • 7 p.m.

Kenilworth Parkside Senior Center will be hosting Soul Fest Entertainment at their center, 4300 Anacostia Ave., N.E. RSVP is needed by August 3. The fee is \$25. For further details, contact Cassandra Brooks-Clemons, 202-724-8934.

### 7th through 15th

Shop tax free in D.C. from Sat., Aug. 7 through Sun., Aug. 15. No sales tax will be charged in all Washington, D.C. stores on clothing, shoes, accessories (jewelry, neckties, purses, hats, gloves, belts, etc.), or school supplies priced at \$100 or less each.

### 10th • 9 a.m.

Kenilworth Parkside Senior Center is hosting a picnic at Mills Point Shore. Come and join the fun with them for a day. For more information, call 202-724-8934.

### 11th • 1 p.m.

Spend the afternoon with Kenilworth Parkside Senior Center in Ft. Stevens. The center will be attending the Arlington County Youth Dance Theater for day. Details will be provided by calling 202-724-8934.

### 13th • 10:30 a.m. to 12:30 p.m.

Visit the American History Museum with EOFULA Spanish Senior Center, 1842 Calvert St., N.W.

Spend a day with friends learning about this country's history. For details, call 202-483-5800.

### 16th • 11 a.m.

Kenilworth Parkside Senior Center, 4300 Anacostia Ave., N.E., will be going to Union Station for the afternoon. For more information, call 202-724-8934.

### 20th • 10:30 a.m. to 1:30 p.m.

EOFULA Spanish Senior Center is having a picnic at the waterfront. The center is located at 1842 Calvert St., N.W. For more information, call 202-483-5800.

### 21st • 11:30 a.m. to 2 p.m.

Join Columbia Senior Center for the play, *Deceitful*, and lunch with friends. Call Monica Carroll for details and donation: 202-328-3270, ext. 11.

### 25th • 11 a.m.

Attend the 2004 Miss EOFULA election day at the EOFULA Spanish Senior Center, 1842 Calvert St., N.W. See who is crowned Miss EOFULA. For details, call 202-483-5800.

### 25th • 5:30 to 8:30 p.m.

Bingo night will be hosted by the D.C. Lottery at Columbia Senior Center, 1250 Taylor St., N.W. Call Monica Carroll to RSVP, 202-328-3270, ext. 11.

### 27th • 10:30 a.m. to 1:30 p.m.

EOFULA Spanish Senior Center, 1842 Calvert St., N.W., will be holding a picnic at the Smithsonian Castle gardens. For more information, call 202-483-5800.

### 27th • 11:30 a.m. to 1:30 p.m.

Join Columbia Senior Center for a fish fry. The donation is \$3. The center is located at 1250 Taylor St., N.W. To RSVP, call Monica Carroll at 202-328-3270, ext. 11.

### 28th • 11 a.m.

Columbia Senior Center hosts an all-you-can-eat steamed jumbo crabs and shrimp feast at 1250 Taylor St., N.W. The donation is \$40. For more information and to RSVP, call Monica Carroll at 202-328-3270, ext. 11.

## September events

### 4th • 10:30 a.m. to 1:30 p.m.

EOFULA Spanish Senior Center, 1842 Calvert St., N.W. will be hosting a picnic at Georgetown Harbor. For details, call 202-483-5800.

### 24th to 30th • 6:30 a.m. departure

Join the Columbia Senior Center for a trip to Minnesota and the Mall of America. The trip is seven days/six nights and costs \$700 per person double occupancy (\$200 additional single supplement). The package includes: six nights accommodations, six breakfasts, five dinners, tour of "Old Time Chicago," meet and greet at the Mall of America, free time for shopping, guided tour of the Minneapolis/St. Paul area, admission to the American Swedish Institute's Turnbald Mansion, gambling at the Mystic Lake Casino, boat ride on the Dells, admission to Stan Hywet Hall Mansion and Gardens, round-trip motor coach transportation and baggage handling taxes/meal gratuity. Columbia Senior Center must have 35 people attending this trip. For reservations, call Monica Carroll 202-328-3270, ext. 11.

**Tune in to  
"Senior Talk"  
with Doris Thomas,  
August 28, 5 p.m.,  
WOL 1450 AM.  
To call in, dial  
1-800-450-7876.**

## SEEKING CENTENARIANS

If you or someone you know is 100 or older, please call the Office on Aging to make sure they are registered. The Mayor will honor all centenarians at a special luncheon.

**Call 202-724-5626 to register.**

*When you call, please tell us where the centenarian was in 1930.*



**ELDERFEST 2004**  
AGING WELL LIVING WELL

## Attention: District Crafters

*Sign up to sell your handmade crafts at*

**ELDERFEST 2004**  
**Thursday, September 2**

**10 a.m. to 3 p.m. • Freedom Plaza**  
**on Pennsylvania Ave. between 13th & 14th Sts., N.W.**

**Call Robinette Livingston at 202-584-0064**

## SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents.

Advertising contained in the Senior Beacon is not endorsed by the D.C. Office on Aging or by the publisher.

441 4th St., N.W., 9th Floor, Washington, D.C. 20001  
202-724-5622 • [www.dcoa.dc.gov](http://www.dcoa.dc.gov)

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